

SHRED NUTRITION PLAN: WEEKS 1-4

INTERMEDIATE WEEKLY PLAN



*EAT PORTION SIZE BASED ON APPETITE **UNCOOKED WEIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> 6 egg white/1 yolk omelette 2 pieces wholemeal toast Tea or coffee 	<ul style="list-style-type: none"> 1-2 Scoops MAX'S SuperShred protein mixed with 1 cup oats and water Small tub low fat yoghurt Tea or coffee 	<ul style="list-style-type: none"> 6 egg white/1 yolk omelette 2 pieces wholemeal toast Tea or coffee 	<ul style="list-style-type: none"> 1-2 Scoops MAX'S SuperShred protein mixed with 1 cup oats and water Small tub low fat yoghurt Tea or coffee 	<ul style="list-style-type: none"> 6 egg white/1 yolk omelette 2 pieces wholemeal toast Tea or coffee 	<ul style="list-style-type: none"> 1-2 Scoops MAX'S SuperShred protein mixed with 1 cup oats and water Small tub low fat yoghurt Tea or coffee 	<ul style="list-style-type: none"> 6 egg white/1 yolk omelette 2 pieces wholemeal toast Tea or coffee
MID MORNING	<ul style="list-style-type: none"> MAX'S SuperShred protein 1 apple 	<ul style="list-style-type: none"> MAX'S SuperShred protein 1 apple 	<ul style="list-style-type: none"> MAX'S SuperShred protein 1 apple 	<ul style="list-style-type: none"> MAX'S SuperShred protein 1 apple 	<ul style="list-style-type: none"> MAX'S SuperShred protein 1 apple 	<ul style="list-style-type: none"> MAX'S SuperShred protein 1 apple 	<ul style="list-style-type: none"> MAX'S SuperShred protein 1 apple
LUNCH	<ul style="list-style-type: none"> Medium tin tuna (185g) Salad 40g almonds 	<ul style="list-style-type: none"> 200 - 300g Lean steak* 2 Cups steamed vegetables 150g sweet potato** 	<ul style="list-style-type: none"> 200 - 300g Grilled chicken breast* 2 Cups steamed vegetables 1 cup steamed brown rice 	<ul style="list-style-type: none"> 2 Chicken & salad sandwiches 	<ul style="list-style-type: none"> 200 - 300g Meat & vegetable stir fry* 1 cup steamed brown rice 	<ul style="list-style-type: none"> 200 - 300g Grilled chicken breast* Garden salad Small baked potato 	<ul style="list-style-type: none"> Medium tin tuna (185g) Salad 40g almonds
PRE WORKOUT	WEIGHT TRAINING DAY <ul style="list-style-type: none"> MAX'S Cre8 Carnage 	WEIGHT TRAINING DAY <ul style="list-style-type: none"> MAX'S Cre8 Carnage 	<ul style="list-style-type: none"> MAX'S SuperShred 	WEIGHT TRAINING DAY <ul style="list-style-type: none"> MAX'S Cre8 Carnage 	WEIGHT TRAINING DAY <ul style="list-style-type: none"> MAX'S Cre8 Carnage 	<ul style="list-style-type: none"> MAX'S SuperShred 	<ul style="list-style-type: none"> MAX'S SuperShred
AFTER WORKOUT	<ul style="list-style-type: none"> MAX'S SuperShred With Milk 	<ul style="list-style-type: none"> MAX'S SuperShred With Milk 	CARDIO	<ul style="list-style-type: none"> MAX'S SuperShred With Milk 	<ul style="list-style-type: none"> MAX'S SuperShred With Milk 	CARDIO	CARDIO
DINNER	<ul style="list-style-type: none"> 200 - 300g Lean steak* Large salad or 2 cups steamed vegetables 1 cup steamed brown rice 	<ul style="list-style-type: none"> 200 - 300g Grilled chicken breast * Large salad or 2 cups steamed vegetables 1 cup cooked pasta 	<ul style="list-style-type: none"> 200 - 300g Grilled fish* Large salad 1 baked potato 	<ul style="list-style-type: none"> 200 - 300g Chicken or beef & vegetable stir fry* 1 cup steamed brown rice 	<ul style="list-style-type: none"> 200 - 300g Grilled chicken breast * Large salad 100g baked sweet potato 	<ul style="list-style-type: none"> 200 - 300g Chicken or beef & vegetable stir fry* 1 cup steamed brown rice 	<ul style="list-style-type: none"> 200 - 300g Lean steak* Large salad or 2 cups steamed vegetables 1 cup steamed brown rice
EVENING	<ul style="list-style-type: none"> MAX'S NiteTime protein 	<ul style="list-style-type: none"> MAX'S NiteTime protein 	<ul style="list-style-type: none"> MAX'S NiteTime protein 	<ul style="list-style-type: none"> MAX'S NiteTime protein 	<ul style="list-style-type: none"> MAX'S NiteTime protein 	<ul style="list-style-type: none"> MAX'S NiteTime protein 	<ul style="list-style-type: none"> MAX'S NiteTime protein